

**Listing of the Claims:**

1-22 (Canceled)

23. (Currently amended) ~~An~~ A method for treating snoring in a subject, the method comprising:

orally administering to a subject in need thereof an effective amount of an anti-snoring composition consisting essentially of: approximately 0.01 to 2.5 wt% of oat beta glucan, glycerin present in an amount of no more than approximately 40 wt% and water.

24. (Currently amended) The method of claim 23 wherein the anti-snoring composition ~~of claim 23 consisting~~ consists essentially of about 1 wt% of oat beta glucan and about 35 wt% of glycerin.

25. (Currently amended) The method of claim 23 wherein the anti-snoring composition ~~of claim 23 further consisting~~ consists essentially of: approximately 0.01 to 2 wt% of at least one nutritional ingredient; approximately 0.01 to 1 wt% of at least one antibacterial; approximately 0.01 to 1 wt% of at least one astringent; approximately 0.01 to 1 wt% of at least one anti-inflammatory; approximately 0.01 to 2 wt% of at least one essential oil; approximately 0.01 to 10 wt% of at least one surfactant; and approximately 0.01 to 0.4 wt% of at least one preservative.

26. (Currently amended) The method ~~anti-snoring composition~~ of claim 25 wherein the at least one antibacterial is extract of prickly ash, the at least one astringent is extract of slippery elm; and the at least one anti-inflammatory is extract of licorice root.

27. (Currently amended) ~~An~~ A method for treating snoring in a subject, the method comprising:

orally administering to a subject in need thereof an effective amount of an anti-snoring composition consisting essentially of approximately 0.01 to 2.5 wt % of oat beta glucan, glycerin present in an amount of no more than approximately 40 wt% and the following ingredients:

Ingredient	Approximate Wt %
Potassium Sorbate	0.01 to 0.1
Lecithin	0.01 to 2.0
Ascorbic acid	0.01 to 0.5
Retinyl Palmitate	0.001 to 0.05
Tocopherol	0.01 to 0.50
Pyridoxine-HCl	0.001 to 0.05
Extract of Prickly Ash	0.01 to 1.0
Extract of Slippery Elm	0.01 to 1.0
Extract of Licorice Root	0.01 to 1.0
Linoleic acid	0.001 to 0.05
Sweet Almond Oil	0.01 to 2.0
Hybrid Sunflower	0.01 to 2.0
Peppermint Oil	0.1 to 2.0
Lemon Oil	0.1 to 2.0
Eucalyptus Oil	0.1 to 2.0
PolySorbate 80	0.1 to 5.0
Polysorbate 20	0.1 to 5.0
Phenylcarbinol	0.01 to 0.2
Disodium EDTA	0.01 to 0.1
Purified Water	Balance.

28. (Currently amended) ~~An~~ A method for treating snoring in a subject, the method comprising:

orally administering to a subject in need thereof an effective amount of an anti-snoring composition consisting of: approximately 0.01 to 2.5 wt% of oat beta glucan; glycerin present in an amount of no more than approximately 40 wt%; approximately 0.01 to 2 wt% of at least one nutritional ingredient; approximately 0.01 to 1 wt% of at least one antibacterial; approximately 0.01 to 1 wt% of at least one astringent; approximately 0.01 to 1 wt% of at least one anti-inflammatory; approximately 0.01 to 2 wt% of at least one essential oil; approximately 0.01 to

10 wt% of at least one surfactant; approximately 0.01 to 0.4 wt% of at least one preservative; and the balance water.

29. (Currently amended) The method of claim 28 wherein the anti-snoring composition of claim 28 consisting consists of about 1 wt % of oat beta glucan and about 35 wt% of glycerin.

30. (cancelled)

31. (New) A method of preventing, treating, or alleviating the effects of snoring in a subject, the method comprising:

orally administering a composition in an amount effective to prevent, treat, or alleviate the effects of snoring in a subject in need thereof, wherein the composition comprises oat beta glucan, glycerin, and water.

32. (New) The method of claim 31 wherein the oat beta glucan is in an amount of approximately 0.01 to 2.5 wt% and glycerin is present in an amount of no more than approximately 40 wt% of the composition.

33. (New) The method of claim 32 wherein the composition further comprises:  
approximately 0.01 to 2 wt% of at least one nutritional ingredient; approximately 0.01 to 1 wt% of at least one antibacterial; approximately 0.01 to 1 wt% of at least one astringent; approximately 0.01 to 1 wt% of at least one anti-inflammatory; approximately 0.01 to 2 wt% of at least one essential oil; approximately 0.01 to 10 wt% of at least one surfactant; and approximately 0.01 to 0.4 wt% of at least one preservative.